

FLEET AND FAMILY SUPPORT CENTER (FFSC)

2001 PROGRAM DESCRIPTIONS

ADULT COLLEGE AND VOCATIONAL SCHOOL FAIR. If you are a teenager thinking about going to college or an adult wanting to further your education, then you are invited to come and meet with college representatives to obtain information and discuss options available for you.

ADULTS MOLESTED AS CHILDREN (I-VII). A 7-part series. If you experienced sexual abuse as a child or adolescent, learn that you are not alone with your fear and anger. We can help. Confidential group.

ALOHA TOUR. A bus tour for newcomers that provides an orientation to the island of O'ahu. Tour includes historical tidbits about the sites on an off base. Learn about the culture and the people as you tour the island.

ANGER MANAGEMENT. Designed for people who want to better control their anger in both work and social/ family settings. Looks at what causes our anger, how we all make choices when we are angry, and how anger can work FOR us. A variety of specific, usable suggestions are given to assist people in managing the very human emotion of anger.

ANGER MANAGEMENT FOR TEENS. Teens learn effective and proper ways of dealing with anger and share experiences on what works and what doesn't.

ANGER, TEMPER TANTRUMS, AND SIBLING RIVALRY. This workshop will help parents to minimize sibling rivalry, deal with temper tantrums, understand what triggers young children's anger and provide positive safe ways to deal with it.

ANNUAL RETIRED PERSONNEL SEMINAR. For Navy, Marine Corps, and Coast Guard retirees and their family members, widows, and widowers. Topics include benefits, commissary/exchange information, TRICARE, and veterans' legal services.

APPRECIATING YOUR HIGHLY ACTIVE CHILD (ADD/ADHD). Parents, do you wonder if your child has Attention Deficit Disorder (ADD) or Attention Deficit Hyperactivity Disorder (ADHD), or is he/she just a "normal" 7-year old? Do you worry that your child may be prescribed medication without exploring other options? This workshop will help answer questions regarding your child.

BETWEEN YOU AND ME: LEARNING TO COMMUNICATE. In this high-tech age, electronic messages can be sent around the world or beamed back to earth from outer space in a matter of nanoseconds. Personal communication remains problematic. This workshop helps young adolescents learn to use skills of good communication.

BREAKING UP, MOVING ON (I-IV). A 4-part series. If your relationship has ended and you don't know what to do next, pick up ideas and support in this class. Learn the steps to take to get unstuck emotionally.

BROWN BAG "PARENTING VIDEOS." Once a quarter there will be a showing of parenting videos. Topics will include what to do instead of spanking, children with learning disabilities, and teen discipline.

BUILD SELF-CONFIDENCE IN YOUR SCHOOL AGE CHILD (AGES 5-11). Do you say, "Good boy!" or "You're really helpful." A child's high self-esteem can be a parent's greatest ally. Learn how to use the special "language of encouragement."

BUILD YOUR TEEN'S SELF-IMAGE. This workshop explains how low self-image effects your teen's behavior and how to overcome this through positive reinforcement and encouragement.

BUILDING GOOD SELF-ESTEEM IN YOUNG CHILDREN (AGES 1-4). This class will help parents build their child's self-esteem through the use of encouragement instead of praise.

BUILDING LOVING RELATIONSHIPS. This class combines entertaining videos and ideas to help you create a more loving relationship anytime, but particularly when you return from deployment.

CAR BUYING STRATEGIES. What you should know before purchasing a car such as determining what you can afford, planning for the various expenditures of a car, and learning to get the best deal on the purchase.

CHECKING ACCOUNT MANAGEMENT. Learn skills to maintain and balance a checkbook, shop for the best checking account, and avoid common mistakes in handling a checking account. Students must bring their own calculators.

CHINATOWN WALKING TOUR. Come along on an escorted walking tour of Chinatown. An FFSC staff member will introduce you to some history and various cultures associated with Chinatown. Wear comfortable walking shoes and bring spending money if you'd like to try some of Chinatown's delicacies. Limited registration.

COMMAND FINANCIAL SPECIALIST FORUM. Command Financial Specialists meet and share ideas about their respective programs. Guest speakers provide up-to-date information on financial issues.

COMMAND FINANCIAL SPECIALIST TRAINING (CFST) (I-V). Offered to command-sponsored service members who will be assigned this collateral duty.

COUPLE COMMUNICATION. Helps married or committed couples examine the potential within their relationship. Also discussed are: the attitudes necessary for communication to happen effectively, blocks to communication, and how to improve communication with a partner.

CREATING A SUCCESSFUL STEPFAMILY. This workshop will cover topics such as "The Myth Of Instant Love," sharing a parent with other children, unrealistic or incompatible expectations, the discipline dilemma, and "What About The Non-custodial Parent?"

CREATIVE PROBLEM SOLVING FOR COUPLES. This class describes an effective problem-solving model, suggests ways for couples to increase their problem solving skills, and the benefits to the relationship of using these skills.

DEPARTMENT OF EDUCATION INFORMATION AND JOB FAIR. Special recruitment for military family members, retirees and their families, and active duty military personnel. Seminar covers qualification, certification, and recruitment requirements for positions in Hawaii for teachers, librarians, office staff, cafeteria personnel, security guards, and A+ Program staff.

DISCIPLINE AND YOUR SCHOOL AGE CHILD (AGES 5-10). Parents will learn alternatives to ineffective discipline methods.

DOD JOB SEARCH. Learn how to use the new Department of Defense Job Search website to find employment after separation from the Navy. This system allows you to place your resume on the Internet and conduct job searches.

DYS-STRESSED CHILDHOOD (I-IV). A 4-part series. Growing up in a dysfunctional family affects your coping ability as an adult. This class will help you address learned behavior patterns that interfere with your adult happiness and success.

EFFECTIVE HABITS FOR SUCCESSFUL RELATIONSHIPS. A 2-part series. This workshop provides an opportunity to explore present beliefs and issues in a safe environment. In the process, an inside-out approach for resolving personal difficulties and improving one's life will be suggested.

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) COMMAND POC TRAINING. Mandatory requirement for all EFMP Command POC's to attend and learn their responsibilities concerning EFMP.

EXECUTIVE TRANSITION ASSISTANCE PROGRAM/SEPARATION (E-TAP) SEMINAR. Three-day seminar provides vital information in assisting all officers and retiring enlisted military members and their spouses within six months of retirement with a smoother transition from military to civilian life. Class fills rapidly. Service members within six months of separation/retirement are eligible. Registration is required through your Command Career Counselor.

FAMILY ADVOCACY SEMINAR FOR COMMAND LEADERSHIP. The Family Advocacy Seminar is for CO's, XO's, CMC's/COB's and all command Family Advocacy POC's. It is designed to provide essential information on the Family Advocacy program, process, and the command's role in Family Advocacy. Registration is required.

FAMILY NIGHT AT PEARL HARBOR KAI. In celebration of Child Abuse Prevention Month and Month of the Military Child, Pearl Harbor FFSC is hosting "Family Night" at Pearl Harbor Kai Elementary School.

FEDERAL EMPLOYMENT. Focuses on techniques for completing a Federal Employment Application including how to prepare job elements for specific job vacancies and how to best assess your education and experience.

FIGHTING FOR YOUR MARRIAGE (I-IV). A 4-part series focusing on specific steps for improving communication with your spouse or fiancée' involving lecture, videotapes, and practice with your own communication "coach." Couples need to commit to attending all four weeks.

FINANCIAL AWARENESS FOR SPOUSES. This workshop will help you discover reading the Leave and Earnings Statement (LES), preparing a budget, using credit wisely, learning investment options, and much more, as spouses play an active role with family finances.

FFSC BRIEF FOR COMMAND LEADERSHIP. All Command Leadership representatives are encouraged to attend in order to learn about FFSC services and how they can assist their command.

FFSC DAY AT THE NAVY EXCHANGE (NEX). An FFSC representative will be at the NEX to provide information, resources, and handout materials.

FFSC OPEN HOUSE. All interested personnel are invited to meet the FFSC staff, tour our building, become better acquainted with the services available, and enjoy refreshments.

FOOD STAMPS APPLICATION BRIEF. Provides information on completing the Food Stamps Application as well as other available assistance.

FORGIVENESS IS AN OPTION (I-II). A 2-part series. Too often unresolved anger and resentment keeps one stuck in the past and unable to fully experience today's joys. This workshop will discuss ways to process the pain from the past and move to forgiveness.

GETTING READY FOR A JOB FAIR. Often wonder what to do or where to begin when going to a Job Fair? This class will take away some of the mystery and help you prepare to be among the best candidates who are ready to complete for the jobs.

HEALING THE CHILD WITHIN (I-IV). A 4-part series. Focuses on healing from pains, traumas, and past conflicts which can continue to make us vulnerable in the present day. Experiential exercises lead us toward healing and personal growth.

HOLIDAY STRESS. Learn the signs of holiday stress, how to cope during this season, and how to help yourself and your family have an enjoyable and stress-free holiday.

HOME BUYING SKILLS WORKSHOP. Provides a strong foundation for home purchase decisions, focuses on the intricacies of Veterans Home Loans, and examines other mortgage options, what to do before investing in a home, and the purchase process.

HOW TO DEAL WITH DIFFICULT PEOPLE. Develop skills to cope with those people who can "drive us crazy" or make our lives difficult. Specific suggestions are provided for working with various difficult personalities.

HOW TO MANAGE CHANGE. This helpful, interactive class will help you to understand change, assess your current stage in the change process, identify your own personal responses to change, and consciously decide on your own change management strategy.

I CAN HEAR YOU, LISTEN TO ME. (AGES 1-5). Learn how to talk to toddlers/preschoolers on their level of understanding and listen to their feelings. Good communication will gain more cooperation from your young child.

I HEAR YOU: GOOD COMMUNICATION WITH YOUR SCHOOL AGE CHILD. Good communication is the cornerstone of effective parenting. Learn how to listen effectively and how to get them to "open up" to you.

INTERNET ADDICTION. In the culture of the Internet, we have access to a lot of information, perhaps too much. Some of us have become addicted to what is available. This class provides information about how to deal with this new addiction.

INTERVIEWING SKILLS. This workshop teaches basic interviewing skills so you can present yourself as the best candidate for the position you're seeking.

JOB FAIR. You will not find a better Job Fair in Hawaii than this one! There will be representatives from various Hawaii and mainland companies and government agencies who will be recruiting and available to talk with you. Be prepared. Dress professionally, bring your work history information to complete application forms, and bring many copies of your resume. Remember, first impressions are the most important ones.

JOB SEARCH VIA THE INTERNET. The Internet is a valuable tool to use in your job search. Learn to use search engines to locate employment announcement sites, company sites for research, and job descriptions. This is the wave of the future – catch it!

JOB STRESS. Do you love your job? Sometimes even when you have work you love, do the day-to-day demands feel stressful and exhausting? Perhaps you could benefit from learning stress management techniques tailored to those life stressors specific to the working world.

“JUST CHILL,” ANGER MANAGEMENT FOR YOUNG PEOPLE. This workshop helps young adolescents (6th thru 9th graders) realize that angry feelings are normal, identify “anger triggers,” learn alternatives to violence, how to “chill,” and get help from friends and adults.

LIFE INSURANCE BASICS. Provides basic information on the major types of life insurance, the reasons for buying it, and how to purchase a life insurance policy.

LOVING DISCIPLINE OF YOUNG CHILDREN (AGES 1-4). Learn why reward and punishment are ineffective discipline methods and what works instead.

MANAGING MONEY AND CREDIT. Learn the basic skills and techniques of managing your money and budgeting, what you should be aware of with credit cards and loans, and planning savings goals.

MANAGING THOSE WONDERFUL TEENS (AGES 11-18). Learn how natural and logical consequences will work when punishment fails. Learn how to enforce the rules with consequences and ignore the resistance (“back-talk” and defiance). Learn how to “let-go” with love.

MARS & VENUS COMMUNICATING. Even people from different planets, even men and women, can learn to talk to each other. This skill building class will help you get your point across to the opposite gender.

MEDIA MANIA: HOW OUR CHILDREN ARE INFLUENCED. Learn how the media influences your ideas, your values, and your behavior. Children are especially vulnerable to the media. Learn how to dilute the powerful influence of TV, ads, movies, and all other media programming has on your children.

\$MILLION\$ DOLLAR SAILOR (I & II). This 2-day class is designed for junior Navy personnel. It will teach them proper budgeting techniques, credit management, savings and investment options, insurance needs, understanding military pay and allowances, consumer rip-offs, how to obtain a loan, and new and used car purchasing techniques.

MONEY SKILLS FOR KIDS (AGES 8-12). Offers ideas for moneymaking projects and teaches basic principles of money management as well as techniques to inspire and motivate at an early age to be top performers.

MONEY SKILLS FOR TEENAGERS (AGES 13-15). Offers ideas for moneymaking projects and teaches basic principles of money management as well as techniques to inspire and motivate teenagers to be top performers.

MONEY SKILLS FOR YOUNG ADULTS (AGES 16-18). Offers ideas for moneymaking projects and teaches basic principles of money management. Techniques to inspire and motivate young adults to be top performers will equip them to make good money management decisions.

NETWORKING. Of all the job search techniques used in seeking employment, networking continues to be rated as the most effective job search method. Learn the proper techniques to network for employment opportunities in the hidden job market.

NEW DIRECTIONS SUPPORT GROUP. An ongoing, open-ended support group for adults who want a safe environment to discuss troubling issues.

NEW PARENT WORKSHOP. New and soon-to-be parents will learn about the roles, responsibilities, demands, and joys of being parents. The session will include early childhood development information.

NEW PARENTS BABY SHOWER. This 2-hour class is a fun way to celebrate the newness and wonder of being a parent while it informs parents of infants' developmental stages, changing family dynamics, and parents' responsibilities.

OMBUDSMAN APPRECIATION DINNER. The Pearl Harbor FFSC is sponsoring the annual Ombudsman Appreciation Dinner. Reserved dinner tickets can be purchased from 8:00 a.m. to 3:00 p.m., Monday through Friday at the Pearl Harbor FFSC. Tickets are sold on a first-come, first-serve basis.

OMBUDSMAN ASSEMBLY MEETING. All Ombudsmen are encouraged to attend these monthly COMNAVREG Hawaii and COMSUBPAC Ombudsman Assembly meetings held at Lockwood Hall.

OMBUDSMAN BASIC TRAINING. For all new Ombudsmen this training focuses on functions of the Ombudsman, newsletter writing, communication skills, and their role with commands and families. All CO's, XO's, CMC's, COB's, their spouses, and other interested individuals are invited to attend on a space available basis. Registration is mandatory.

OMBUDSMAN QUARTERLY ADVANCE TRAINING. COMNAVREG Hawaii and COMSUBPAC Assemblies will hold various trainings. All Ombudsmen are encouraged to attend.

PARTNERS IN HEALING. People who experience traumatic sexual events as a child are often severely impacted. In their adult lives they may continue their child survival skills which by now are not helpful but are detrimental for them and their partners. If you are a partner or close friend of a victim of sexual abuse or rape trauma, come to learn personal coping skills and how to be an effective support for your partner.

PRE-SEPARATION COUNSELING CHECKLIST (DD FORM 2648). This workshop is for service members who are within one year of separation and are interested in receiving general information on transition planning and resource assistance.

PREPARING FOR THE HOLIDAYS FINANCIALLY. Learn how to develop a holiday spending plan with a gift list and an overall survival plan that will assist you in obtaining a less stressful holiday season.

PREPARING YOUR CHILD FOR THE NEW BABY. This workshop teaches new parents how to break the news to their child that a new baby is coming. A variety of ideas on how to prepare younger children for the new baby will be discussed.

PREPARING YOUR PRESCHOOLER FOR SUCCESS IN SCHOOL. This workshop is designed to ease a preschooler's transition into kindergarten and explores ways to motivate children to learn. Parents will learn how a child's imagination works and how play and having fun are essential to learning.

RESILIENT FAMILIES UNDER CONSTRUCTION (I-V). A 5-part series. Learn while you eat lunch – skills that will enhance communication, help manage stress and anger, improve coping with change, as well as tips for resolving family conflicts.

RESUME WRITING. Learn how to write a resume that can land you an interview. This workshop teaches the basics of writing a resume.

SAVINGS AND INVESTMENT BASICS. Learn the basic skills and techniques of managing and budgeting your money, where to begin, and how to shop for investments. Provides awareness of credit.

SEPARATION/TRANSITION ASSISTANCE PROGRAM (STAP) SEMINAR. A 3-day seminar. Provides vital information in assisting all separating military members and their spouses with a smoother transition from military to civilian life. Service members within six months of separation are eligible. Registration is required through your Command Career Counselor.

SETTING GOALS IN YOUR JOB SEARCH. Often times we either don't know where we want to go or set out aimlessly only to end up frustrated. Learn how to equip yourself with the right tools to reach your goal. Join this class and sharpen your tools!

SKILLS FOR MANAGING STRESS AND ANGER. A "hands on" workshop that targets your anger and stress levels and helps you manage your life more effectively.

SMART MOVE. Provides information to assist service members and their spouses in planning an upcoming move.

SMART MOVE FOR KIDS (AGES 4-10). This workshop is especially for children that will be making a PCS move this summer.

SOCIAL WORKERS' CELEBRATION. All federal social workers are invited to attend a potluck luncheon at the FFSC.

SPONSOR COORDINATOR TRAINING. A workshop designed to educate Sponsor Coordinators on the various resources available with an emphasis on how to assign and motivate sponsors. Also provided is how to evaluate their command's Sponsor Program to ensure it is successful in easing the relocation stress of their incoming personnel.

SPONSOR TRAINING. Learn how to become a good sponsor by having the information needed for incoming personnel and their families. Spouses are encouraged to attend.

SPOUSES ACADEMY. Provides spouses with Navy information pertaining to the benefits, privileges, and entitlements available in the military community. Workshop enhances understanding of the military lifestyle.

STRESS MANAGEMENT. Learn how stress affects our lives, how to decrease the stress we are experiencing, and how to use relaxation techniques.

SUPER SITTERS (I-III) (AGES 12-18). Base housing regulations require children to be at least 12 years old to care for other children in their another's home and highly recommend training. This class will cover basic care of children, safety, emergency procedures, and effective discipline and child development.

TEEN SPEAK! WHAT DID THEY SAY? Adolescents and teens rarely share their feelings, especially with their parents. Learn the gentle art of reflective listening, effective communication skills, and how to be an "approachable" parent.

UNDERSTANDING PERSONALITY TYPES IN CAREERS. Identify your personality type preferences using Myers-Briggs Type Indicator, and focus on your natural strengths in making career choices.

UNDERSTANDING PERSONALITY TYPES IN PERSONAL RELATIONSHIPS. Identify your personality type preferences using Myers-Briggs Type Indicator, and focus on your natural strengths in personal relationships.

WELCOME TO HAWAII. This workshop will help you to understand and appreciate all that is unique about the people of Hawaii.

WITHOUT SPANKING OR SPOILING. This workshop offers several alternatives to spanking to discipline children (toddlers, preschoolers, school age, and teens).

YOUR MARRIAGE: A HEALING RELATIONSHIP. We all get married with the fantasy promise of "forever," yet statistics indicate that over half of us won't be able to keep that dream alive. Learn new skills and techniques to have the marriage you planned and dreamed of.